

INJURIES ARE NO ACCIDENT THINK SAFETY

AT HOME:

- Keep emergency numbers near all telephones.
- Place smoke detectors near kitchen and bedrooms and check batteries once a year (for example, on your birthday).
- Secure scatter rugs, steps, floor boards and tiles.
- Secure railings and bannisters.
- Have adequate lighting in stairways, hallways, entryways, kitchen and bath.
- Clear obstacles from stairways, hallways, entryways.
- Secure windows and doors with easy-to-use locks.
- Repair frayed electrical cords and appliances.
- Stand on a sturdy step stool and never on chairs, boxes or makeshift items.
- Ventilate all rooms.
- Keep flashlights, batteries and bulbs handy.
- Wear shoes that have non-slippery soles

IN THE KITCHEN:

- Wear short or tight sleeves while cooking.
- Keep flammables away from the stove.
- Place heavy pots and appliances on low shelves.
- Keep fire extinguisher or baking soda handy to fight grease fires.
- Never heat your home with stove or oven.
- Open the windows if you smell gas, then make sure all pilots lights are on and control knobs are off.
- Call the Gas Company if gas smell remains.

IN THE BATHROOM:

- Place non-skid mats in bathtub and shower.
- Place a grab bar next to toilet, bathtub and shower.
- Use night lights.

IN THE BEDROOM:

- Place smoke detectors outside of your bedroom door.
- Be able to turn on the light without having to walk into a dark room.
- Have a lamp or light switch within easy reach of your bed.
- Have a telephone within easy reach of your bed.
- Keep a nightlight on at night between your bed and the toilet.
- Keep curtains and furniture at least 12 inches from your baseboard or portable heater.